

Found The Words

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Lisa Waters (UK) - August 2012
音樂: Runaway - Maroon 5



The dance starts after 32 counts

Kick And Touch, Chasse, Rock Recover, Sailor Turn

1&2 Kick Right foot forward, Step Right forward, Touch Left behind Right
3&4 Step Left to left side, Step Right next to Left, Step Left to left side
5,6 Rock Right across Left, Recover onto Left sweeping Right foot around
7&8 Cross Right behind Left, Step Left in place, Make a ¼ turn right stepping Right to right side

Cross Unwind, Chasse ¼ Turn, Mambo, Coaster Step

1,2 Cross Left over Right, Unwind a full turn right ending with weight on Left
3&4 Step Right to Right side, Step Left next to Right, Step forward on Right making a ¼ turn right
5&6 Rock forward on Left, Step Right in place, Step Left next to Right
7&8 Step Right back, Step Left next to Right, Step Right forward

Cross ¼ Turn, Behind ¼ Turn, Cross ¼ Turn, Sailor Step

1&2 Cross Left over Right, Step back on Right making 1/8 turn left, Make 1/8 turn left stepping Left to left side
3&4 Cross Right behind Left, Step forward on Left making 1/8 turn left, Make 1/8 turn left stepping Right to right side
5&6 Cross Left over Right, Step back on Right making 1/8 turn left, Make 1/8 turn left stepping Left to left side
7&8 Cross Right behind Left, Step Left next to Right, Step forward on Right

Pivot ½ Turn, Shuffle ½ Turn, Shuffle ½ Turn, Kick And Lock Step

1,2 Step forward on Left, Pivot ½ turn right (weight on Right)
3&4 Left shuffle making ½ turn right (Step Left, Right, Left)
5&6 Right shuffle making ½ turn right (Step Right, Left, Right)
7&8& Kick Left foot forward, Step Left forward, Lock Right behind Left, Step Left forward

Optional – The ½ turn shuffles can be danced as 1½ turn shuffles instead
